

Sterling Council on Aging

Living Out Our Sterling Years Together

March 2015

Volume 21, Number 134

Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.

Butterick Building

1 Park Street

Mon – Thu: 8:30 – 2:30 PM

Fri: 8:30 – 12 noon

COA (Council on Aging)

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

Senior Center Staff

Director:

Karen L. Phillips

Outreach Aide:

Nickole Boardman

Regular Driver:

Pam Dell

Part-time Driver:

Lou Massa

Friday Driver:

Joan Seymour

Spare Drivers:

Gloria Rugg

Meal Site Manager:

Sandra Jacala

Message from the Director

February was one for the record books. I hope you all made it through the brutal cold and mountainous amounts of snow. Last month really tested our resolve as New Englanders. The Senior Center was closed often due to the treacherous weather. Normally the office is open, but programs are usually closed when school is closed. If the weather is questionable, give us a call first.

We are continuing on our quest to build a new Senior Center. Yes, we offer many programs in our current location. Yes, we do our best to make the programs as wonderful as possible. However, the basement of Town Hall is not the most conducive spot for many activities. The new Senior Center will help us provide more and better programming for the seniors in town. Our goal is to give as much to the seniors as we can. Thank you for your continued support.

In the spirit that everyone is Irish on St. Patrick's Day, I will leave you with my favorite Irish blessings: "As you slide down the banister of life, may the splinters never point the wrong way."



Karen

♦ COA Board

Barbara Foster, Chair

Sharon Bloom, Vice Chair

Sue Doucette, Secretary

Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Mary Higgins

Debra MacLennan

Peter Watson

Ken Day, Associate

Ellen Sesia, Associate

Robert Bloom, Associate

The **COA vans** are available to bring you to the doctor's office, to the hair dresser, to the grocery store, to the food pantry, and many other places. Call the Senior Center at 978-422-3032 to check for availability.

Daylight savings time is back! Don't forget to turn your clocks ahead an hour before you go to bed on Saturday, March 7th.

The Friends of Sterling Seniors is a non-profit group dedicated to promoting the health and welfare of Sterling seniors. They provide financial support to the Senior Center, as they do the fundraising. For \$10, you can become a member of FOSS. Send your check payable to Friends of Sterling Seniors to PO Box 576, Sterling, MA 01564.

The COA Board generally meets the 1st Thursday of the month at 4:30 PM in the Senior Center.

Special Events for March

Thursday, March 5 – Movie at 1 PM. Come and find out the true story behind Sleeping Beauty. Check out this amazing non-animated movie. Free popcorn.

Sunday, March 8 – Daylight savings is back! Turn your clocks ahead one hour before you go to bed on Saturday.

Sunday, March 15 – The Taste of Sterling by the Friends of Sterling Seniors. Watch for more information.

Monday, March 16 – Brain Fitness by Sterling Village at 12:30 PM. Brain Fitness...Are you ready to get your brain moving???How can we slow the brain from aging??? In our Brain Fitness class we will learn what causes the brain to age and how we can slow it down. From what foods to eat to what games to play to trick your brain into staying young and sharp! Come and have some fun and exercise your brain!

Wednesday, March 18 – Irish Step Dancing at 12:30 PM. Celebrate Irish dance and culture with a variety of Irish dances to traditional and modern Irish music. This should be an amazing performance. Come and get your Irish on!

Thursday, March 19 – The SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, March 19 – Elder Keep Well Clinic from 12 – 2 PM.

Thursday, March 26 – Book club at 12:30 PM. This month's selection is Sarah's Key by Tatiana de Rosnay.

Friday, March 27 – FOSS Pancake Breakfast. \$2.00 a plate for pancakes, sausage, coffee, juice, fruit cups, and tea breads. All are welcome.



*May you have the
hindsight to know
where you've been,
the foresight to
know where you're
going, and the
insight to know
when you're going
too far.*

Irish Blessing



If you have an email address and would like to get updates, we are going to start sending out email reminders about upcoming events. Send me an email at kphillips@sterling-ma.gov, and I will add you to the list.

Do you have birthday cards that you haven't used? We send a card to everyone 75 and older in town. If you can spare a birthday card or two, please drop them off at the office. Thanks!

Book Club Choices:

March 26 – Sarah's Key by Tatiana de Rosnay

Ongoing Events:

Mondays –

Senior Fitness at 10 AM. Get in shape with a fun group of people and a certified instructor. This class is offered thanks to Oriol Healthcare – free.

Tuesdays –

Walking club at 9 AM. Stopped until spring.

Game day at 12:15 PM. Come on down to play bridge, dominoes, cards, scrabble, etc.

Wednesdays –

Chair Yoga at 9:30 AM. Get the benefits of yoga without leaving your chair. \$5.00 a class.

Computer class at 9:30 AM. Have your computer questions answered. Free.

Shopping trip to various stores at 1 PM – Wal-Mart, K-Mart, Target, etc. Sign up required. Limited to 9 people.

Thursdays –

Yoga at 9 AM. Gentle yoga for strength and flexibility - \$5.00 per class.

Fridays –

Pilates at 9:30 AM. Core strength and balance with a certified instructor - \$5.00 per class

Meals – we serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so come to the Senior Center and enjoy. Please make your reservations 24 hours in advance (before 12 noon). Your \$2.25 donation is appreciated.

Elder Keep Well Clinic every third Thursday from 12 – 2 PM. You can have a private meeting with an RN for blood pressures, glucose levels, disease management, and medication counseling.

A SHINE counselor is available for private appointments regarding your health insurance questions once a month. Call to schedule an appointment.

Our computer lab is up and running and has internet access. Don't forget that we have a pool table for impromptu games or practice. We have coffee and toast every morning.

Transportation is not an excuse to miss out on these activities. We provide transportation on our 2 senior vans. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. All you have to do is call us at least 48 hours in advance to make a reservation. The van is available Monday, Tuesday, Thursday, and Friday afternoons and Monday through Friday mornings.

All reservations can be made by calling 978-422-3032.



News from SHINE March 2015
Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014.

"SHINE's Medicare and More" Program

The Central Mass SHINE Program is now sponsoring a monthly cable TV program called SHINE's MEDICARE and MORE. We hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel, give them a call and ask about it.

Central Mass SHINE Website

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, within 2 days. SHINE...with Medicare, is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Ruth Anne Bleakney Senior Center, the Massachusetts Councils on Aging, and other local agencies.

Living Memorial Honor
Sterling COA/Senior Center
1 Park Street * Sterling, MA 01564

I am enclosing \$ _____
In honor of _____
In memory of _____
Donor's name _____
Address _____

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

Chocksett Middle School Workshops

Chocksett is offering student lead workshops on the first 4 Tuesdays in March.

Tech Support – Today’s technology is rapidly advancing, and it can be very difficult to stay “up to date”. Our students will work with you 1-on-1 to help answer any questions you may have. There are millions of Apps out there for entertainment, education, health and fitness, productivity, etc. Let a student help you find one that’s right for you. Bring your smart phone, laptop, e-reader, or tablet. Dates: March 3rd and 17th from 2:10 – 3:15 PM.

Art – Paint your own masterpiece. Beginner and experienced artists are welcome to create a guided step-by-step masterpiece. Students will be available to help. Light snacks and materials will be provided. Dates: March 10th and 24th from 2:10 – 3:15 PM.

Physical Education – Pickle Ball! One of the most popular sports among seniors these days is Pickle Ball – a paddle sport played on a small court in the gym. It is similar to tennis except much easier to play. We will have students who will help you learn the skills, rules, and strategy of the game. Dates: March 3rd and 10th from 2:10 – 3:15 PM.

Just Dance! Come and dance the afternoon away to music and videos that will be on the big screen. The Wii will be used with students and seniors to move and dance to some of your favorite tunes. This activity has fun written all over it and you may get a little exercise to boot. Dates: March 17th and 24th from 2:10 – 3:15 PM.

Sign up by calling the Senior Center at 978-422-3032.



The Happy Travelers, bus trips for the over 50 traveler

Pick up brochures at the Shrewsbury, Sterling or West Boylston Senior Centers

Call: Gladys Merrow (508) 835-4312 if you have any questions, want to reserve a seat or request a brochure. Do not hesitate to put your name on a waiting list for any of our trips.

Gratuities and a cancellation waiver fee have been added to the cost of each seat on all our day trips to cover any cancellations up to 7 days prior to the trip. If you cancel after that date, the refund will only be sent if you or we can fill your seat. The refund will be minus the cancellation waiver.

4/18 – Connecticut’s Irish Hunger Museum plus Irish Pub buffet @ \$67.00/pp

5/17 – A day in the Pioneer Valley of Massachusetts @ \$89.00/00

6/13/15 – “Kinky Boots” at PPAC & lunch at Spirito’s of Providence @ \$139.00/pp (full, waiting list)

7/19/15 – Connecticut River Cruise, Gelston House and Gillette Castle @ \$99.00

Overnight Trips, call 508-421-6882 for prices and reservations

9/26-10/07 – National Parks of America trip with Collette Vacations

10/08-10/11 – Washington DC in the fall with a new itinerary price TBA

11/7-11/15 – Tropical Costa Rica with Collette Vacations

MOC's Elder Nutrition March 2015 Newsletter

It's National Nutrition Month!



Nu·tri·tion

n.

1. The process of nourishing or being nourished, especially the process by which a living organism assimilates food and uses it for growth and for replacement of tissues.
2. The science or study that deals with food and nourishment, especially in humans.
3. A source of nourishment; food.

Food is made up of: **3 macro (big) nutrients**

1. Carbohydrates

Bread, crackers, pasta, corn, peas, potatoes, anything made from grains.

2. Protein

Red meat, fish, chicken, turkey, eggs, cheese, milk

3. Fat

Butter, bacon, oils, fat/skin from meat

2 types of micro (small) nutrients

1. Vitamins

A, D, E, K (broken down and stored in fat) C, B1-B12 (broken down by water, not stored)

2. Minerals

Sodium (salt) Potassium, Calcium, Magnesium, Zinc, Iron, Copper, Iodine, Phosphorous

Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass EOE, State Elder Lunch, and Town and participant donations.



Area Food Pantries: Wachusett Food Pantry: Senior distribution is held the Friday before the 3rd Saturday of the month from 9 - 11 AM. The pantry is now located in Sterling, at 50 Worcester Road. Proof of residency is required. St. Richard's of Chichester Catholic Church on 4 Bridge Street: They are open Mondays from 10 AM – 1 PM and Thursdays from 10 AM – 1 PM. All are welcome. WHEAT in Clinton: Food pantry available on Tuesdays from 1 – 4 PM.

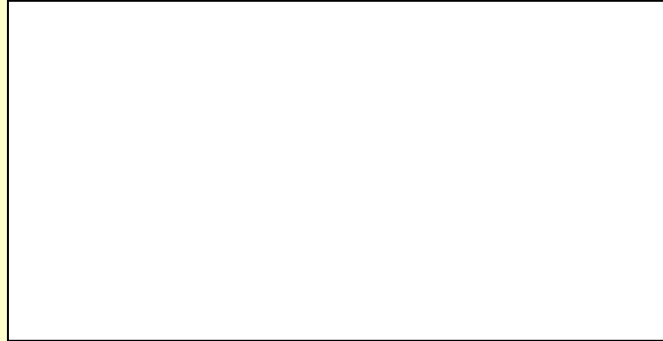


March Calendar of Events (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 – Exercise 11:30 – Salisbury steak	3 11:30 – grilled chicken picatta 12:15 – Game day 5 – Hula hooping	4 9:30 – Chair yoga 9:30 – Computer class 11:30 – pork roast 12:30 – Wii 1 – No shopping this week	5 9 – Yoga 11:30 – Mexican chicken casserole 1 – Movie	6 9:30 – Pilates 11:30 – butternut mac and cheese
9 10 – Exercise 11:30 – Swedish meatballs	10 11:30 – BBQ pork rib 12:15 – Game day 5 – Hula hooping	11 9:30 – Chair yoga 9:30 – Computer class 11:30 – breaded chicken 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	12 9 – Yoga 11:30 – turkey	13 9:30 – Pilates 11:30 – potato crunch fish Sunday the 15 th – Taste of Sterling!
16 10 – Exercise 11:30 – pork fried rice 12:30 – Brain Fitness talk	17 11:30 – corned beef hash 12:15 – Game day 5 – Hula hooping	18 9:30 – Chair yoga 9:30 – Computer class 11:30 – grilled chicken 12:30 – Irish Step Dancing 1 – Van shopping trip to K-Mart	19 9 – Yoga 11:30 – beef burger 12 – 2 – Elder Keep Well Clinic	20 9:30 – Pilates 11:30 – baked ravioli casserole
23 10 – Exercise 11:30 – turkey with alfredo sauce	24 11:30 – beef meatballs with Burgundy sauce 12:15 – Game day 5 – Hula hooping	25 9:30 – Chair yoga 9:30 – Computer class 11:30 – lasagna 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	26 9 – Yoga 11:30 – chicken breast 12:30 – Book club	27 7:30 – Pancake breakfast 9:30 – Pilates
30 10 – Exercise 11:30 – ground beef with peppers and onions	31 11:30 – turkey 12:15 – Game day 5 – Hula hooping	April 1 9:30 – Chair yoga 9:30 – Computer class 11:30 – grilled chicken 12:30 – Wii 1 – Van shopping trip to Christmas Tree Shop		

Sterling Council on Aging
PO Box 243
Sterling, MA 01564-0243

PRESORTED
STANDARD
US POSTAGE
PAID
STERLING, MA
01564



Sterling COA
1 Park Street
PO Box 243
Sterling, MA 01543

Phone:
978-422-3032

Fax:
978-422-9916

E-mail:
kphillips@sterling-ma.gov
nboardman@sterling-ma.gov

We're on the Web!
www.sterling-ma.gov

MARK YOUR CALENDARS!!!

The Friend's TASTE OF STERLING is scheduled for March 15th!!! This year the Sterling National Country Club has generously offered to host this fun fundraiser!!! The event will feature local vendors...'no need to travel too far for a great party, a night out or take out!!!' Plan to come and support our local seniors and vendors. All proceeds to benefit Friends of Sterling Seniors and their efforts to enhance the health and welfare of our most cherished populace.

Ticket sales begin February 27th!!!

Class reunion info: The Wachusett Regional High School Class of 1965 will hold a 50 year reunion at 6 PM on Saturday, September 19, 2015 at Val's Restaurant in Holden, MA. For more information contact Tom Dresser at 508-693-1050 or thomasdresser@gmail.com, Gail Johnson Mannila at 617-552-5153 or gmannila@verizon.net, or Wendy Morrison Kempland at 413-214-8401 or w_kempland@yahoo.com. Please send your email address to 65wrhs@gmail.com